

# FORMING A SECURE ATTACHMENT STYLE

A secure attachment style is like an anchor that grounds you and gives you the stability and security you need to lead a healthy and fulfilling life. When facing challenging tides and storms, this anchor prevents you from drifting away and allows you to feel safe and supported.



It empowers you to ride through challenges in your relationships with resilience and self-confidence and fosters trust, love, and understanding in your bond.

In the last worksheet, we explored how your attachment style appears in your relationships and how it's essential to move towards a secure attachment style.

So now, let's go over some tips that will help you form a secure attachment style in your relationships:



## Understanding your attachment style

- Your prior experiences may impact current relationships via attachment styles. Foster secure attachment by assessing your current style.
- Take a moment to analyse your needs, fears, behaviours for self-assurance and relationship improvement.

## Cultivate open communication

- Create a non-judgemental and open space to communicate with your loved ones freely and deepen your understanding of them.
- **Encourage honest expression of feelings, fears, and thoughts for transparent communication.**
- Try to understand and accept different perspectives so that your loved one feels heard and secure.
- **Active listening, empathy, and validating** each other's experiences contribute to a secure emotional connection.

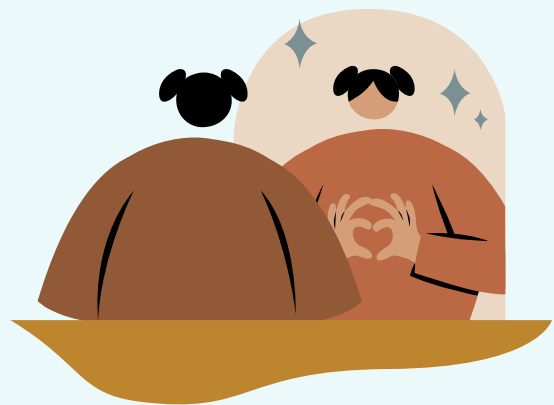
## Show up emotionally

- Trust forms the core of secure relationships.
- You can build trust by **showing up for your loved ones and being supportive, attentive, and responsive to their needs.**
- Make efforts to ensure open and transparent communication and avoid hiding information from your loved ones, which may affect their trust.
- **Validate their emotions** and make them feel heard and understood.
- **Emotional availability fosters a sense of security, building deeper connections and trust.**



## Indulge in self-talk

- **When you notice yourself engaging in unhealthy behaviours such as becoming passive aggressive or stonewalling your loved one due to your attachment style, make a conscious effort to talk and reconnect with yourself.**
- Ask yourself why you're feeling this way.
- Questioning your behaviour and engaging in self-talk can help you regulate your response patterns.



## Enhance your self-esteem

- Focus on your strengths and practise those to build better self-esteem.
- It is common for individuals to believe that they are dependent on their loved ones, fearing that without them, their lives would be incomplete.
- **However, by nurturing self-esteem, individuals can prioritize their own presence in their lives while still valuing the presence of others.**
- This process helps them set boundaries and build self-sufficiency, reminding them of their capacity to thrive alone.
- **It serves as a reminder that loved ones are an addition to their lives, rather than a requirement for fulfilment.**



## Nurture intimacy

- Don't miss out on experiences to foster meaningful connections.
- **Engage in activities that will help you bond emotionally.**
- These activities can be spending quality time, expressing love, and engaging in open discussions.
- **Talk about your fears, insecurities, and state of mind to strengthen intimacy and build a better understanding between you and your loved one.**



## Engage in emotional regulation

- **Emotional regulation plays a crucial role in fostering balance and stability in one's life.**
- Specifically, for individuals with anxious attachments, practicing emotional regulation can support them in developing a stronger sense of self-reliance and self-support.
- **It encourages them to recognize that they have the capacity to be there for themselves in times of need.**
- On the other hand, for individuals with avoidant tendencies, emotional regulation can be instrumental in encouraging them to become more open to expressing their emotions, rather than resorting to passive withdrawal.
- **By regulating their emotions, they can effectively confront challenging situations and face them head-on.**



## Create a supportive environment

- An environment that encourages vulnerability and support can help you go a long way in forming secure relationships.
- **Encourage each other's growth, dreams, and goals.**
- **Celebrate achievements together, even the small ones, and provide comfort and understanding during challenging times.**

## Seek professional help

- Seeking therapy can help you and your loved one become more aware of your attachment styles and how they affect your relationships.
- **A therapist can help you with a better understanding and strategies to move towards a secure attachment style.**

## Your relationships are always a work in progress.

Building secure relationships takes time and consistent effort. **Remember that your attachment styles are not set in stone.** They are constantly evolving as you grow as a person, and by committing to these practices to enter a secure attachment style, you can cultivate fulfilling relationships that contribute to your overall well-being and happiness.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

